PRESTCOLD

COLD COOKERY

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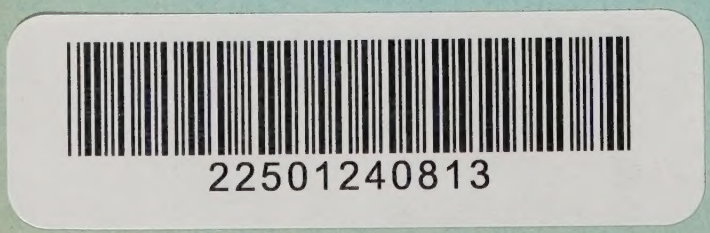
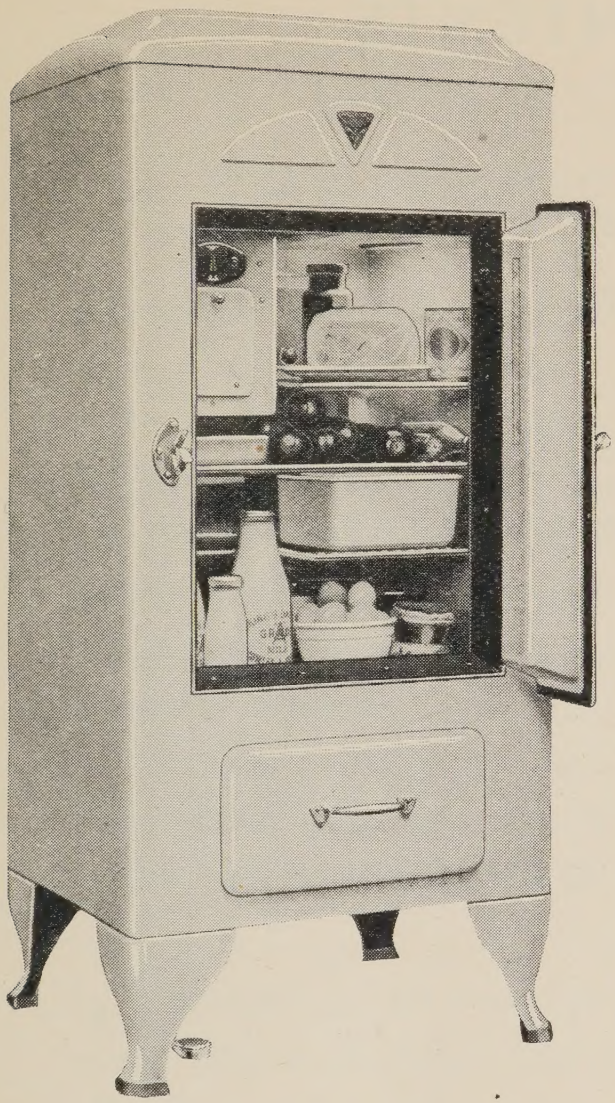


PREFACE



THE **Prestcold** Electric Refrigerator's principal purpose is the preservation of food. In this capacity to-day it is preventing needless food spoilage and safeguarding health in countless homes and shops throughout the world. But in addition to the preservation of food and the safeguarding of health there are many other useful purposes to which **Prestcold** may be put. Frozen desserts and salads, delicious and appetising, prepared with a **Prestcold** represent an entirely new use for the household refrigerator. To understand how easily these frozen dishes may be prepared places your **Prestcold** in the position of being, possibly, of more value than any other item of household equipment.

This booklet is published to assist **Prestcold** users and to place at their disposal recipes for frozen and chilled dainties.

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PRESTCOLD IN THE MODERN HOME

Prestcold has a definite place in the organisation of the modern home. It is an important part of the equipment that lightens household labour and contributes to the convenience, happiness and health of all members of the family. Proper refrigeration is assured with the temperature kept always below 50° Fahr., which modern science agrees is the danger point. Unnecessary food spoilage is eliminated and the health of every member of the family is protected with **Prestcold.**

It is possible to be away over the week-end or even longer without worrying about the food supply.

Prestcold is a definite economy. Needless food spoilage is avoided, and the ability to purchase in larger quantities at a great reduction in price makes it one of the greatest necessities in the modern home.

PRESTCOLD COLD CONTROL

The **Prestcold** control gives eight freezing speeds, and their principal uses are as follows :—

Position No. 1

On this position, defrosting takes place automatically without the necessity to switch off the machine or leave the cabinet door open.

Position No. 2. Defrosting

This provides " trickle refrigeration " useful for week-ends. The machine is not running the necessary time to make ice, but the cabinet itself will maintain a low enough temperature to preserve foodstuffs.

Position No. 3

Provides the right temperature for food preservation and will freeze ice usually in from four to five hours.

Positions Nos. 4 and 5

These are the positions for normal operation. Ice will form in three to four hours, and the proper temperature will be maintained automatically.

Positions Nos. 6 and 7

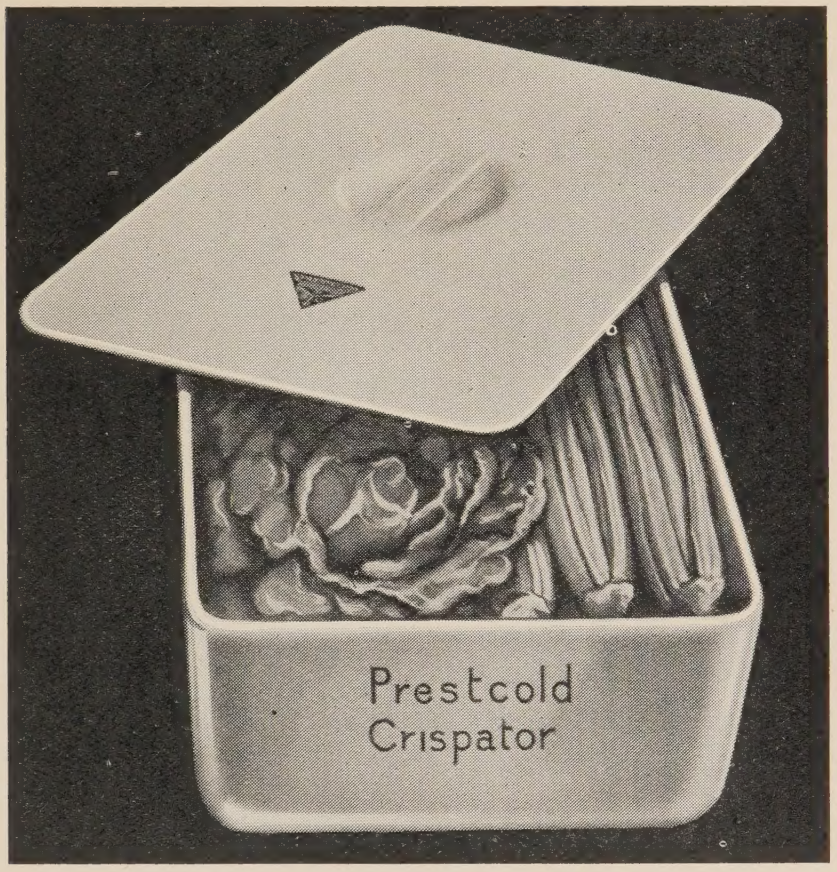
Provide fast freezing speeds for ice or ice puddings without affecting the inside temperature to any great extent.

Position No. 8

To be used for quick freezing of ice, puddings or ice cream, and the time for this freezing would be usually about half the time necessary if the machine were left on normal operating position.

General. When using position No. 8 for fast freezing of ice, puddings or ice cream, it is customary, when they have been frozen solid, to push the pointer back to position 4 or 5, which will again permit the machine to operate automatically and maintain the frozen dainties in a solid condition.

PRESTCOLD CRISPATOR



The **Prestcold** Crispator, supplied regularly with every De Luxe model and at a small extra cost with Standard models, offers a distinct advantage to users.

The **Prestcold** Crispator forms a moist air compartment that crisps and refreshes vegetables and salad materials very quickly. The green foods in this compact compartment are kept fresh, fully flavoured and preserved until ready for use.

In the preparation of salads the advantages of the **Prestcold** Crispator will be immediately seen. It is made of white porcelain china which can be kept immaculately clean. It offers no danger to health by the possible chipping of porcelain so common in pans of similar character. As the vegetable supplies may be replenished it is so easy to remove the **Prestcold** Crispator and wash and dry it like you would any other dish.

CARE OF VEGETABLES

Both salad materials and perishable vegetables when brought from the market should be carefully sorted and washed before placing in the **Prestcold** Crispator. If they are wilted when purchased the original crispness and freshness will be restored.

The following suggestions are made for a few of the more common vegetables; in fact these methods can be adapted to almost any perishable vegetable.

LETTUCE should be trimmed, removing all coarse outer leaves that are damaged and undesirable for serving. Then wash the lettuce in cold water and place it in the **Prestcold** Crispator.

ENDIVE should be trimmed in the same way as lettuce, removing any coarse leaves. It should then be washed in cold water and placed in the **Prestcold** Crispator.

WATERCRESS should be washed and well drained before placing in the **Prestcold** Crispator.

PARSLEY should be washed and placed in the **Prestcold** Crispator.

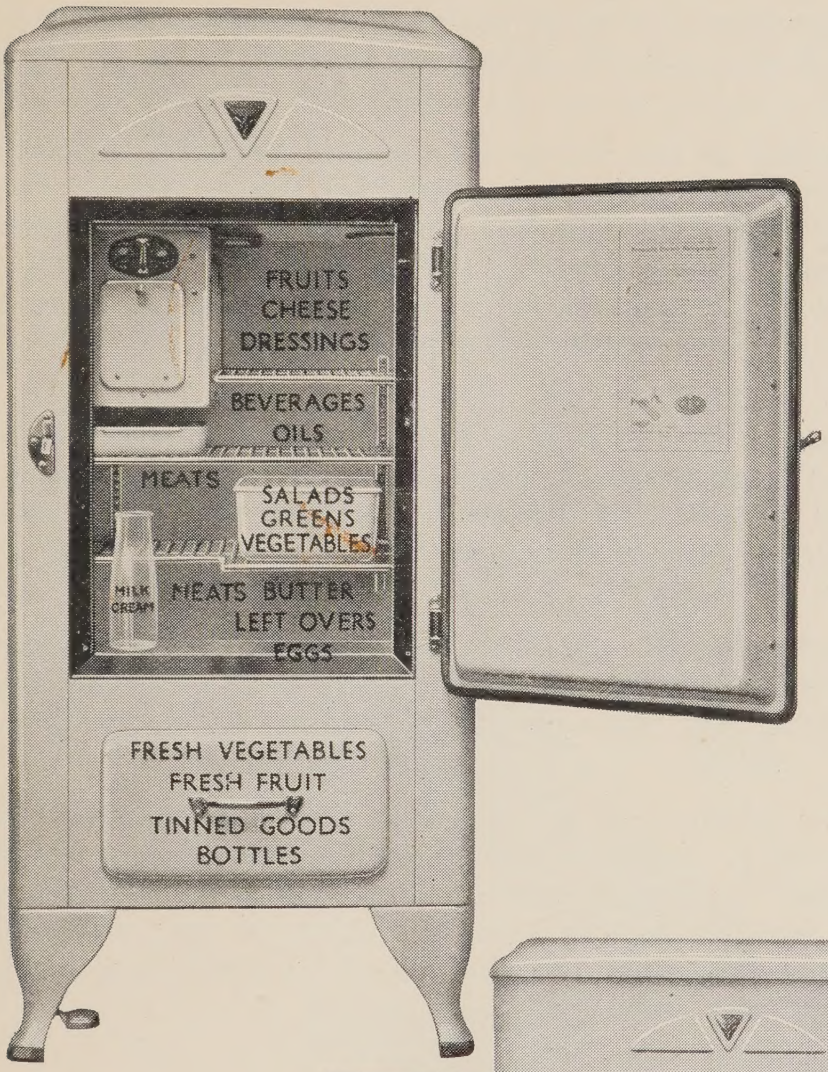
RADISHES should be washed, cleaned and prepared ready for serving before placing in the **Prestcold** Crispator.

CELERY should be trimmed, washed and soaked for thirty minutes in slightly salted water before placing in the **Prestcold** Crispator. It is greatly improved if allowed to crisp in the **Prestcold** Crispator before serving.

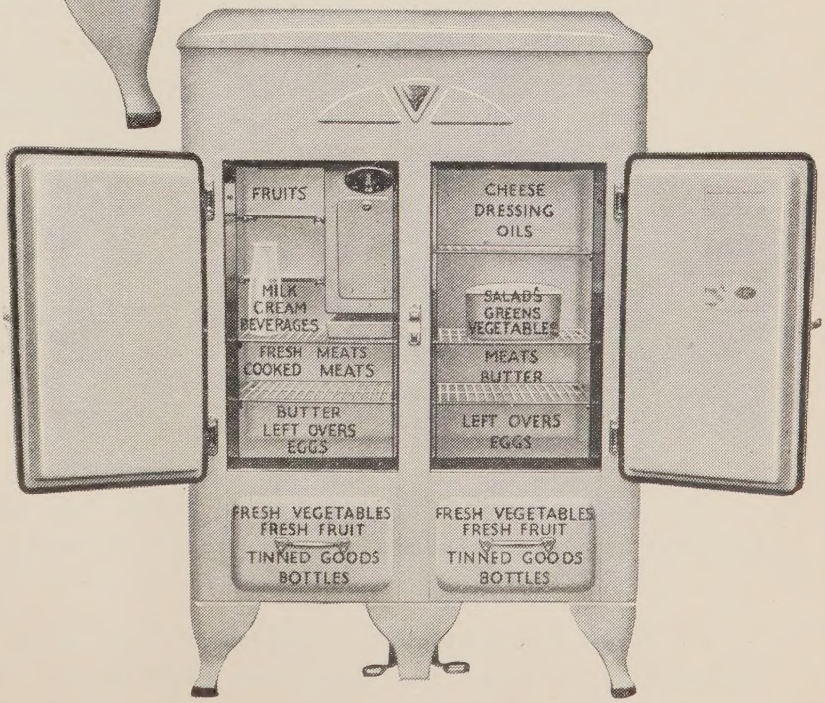
ARTICHOKES should be trimmed at the bottom with a knife, and a few of the outer leaves removed. They should then be placed in salt water upside down to soak for three-quarters of an hour before placing in the **Prestcold** Crispator, and rinsed in cold water to remove insects and all foreign matter. If artichokes have been cooked and not used, they can be kept in the **Prestcold** Crispator.

OTHER VEGETABLES, such as tomatoes and cucumbers, should be washed and wiped with a dry cloth before placing in the **Prestcold** Crispator. Asparagus and brussels sprouts need not be washed, but placed in the **Prestcold** Crispator after all undesirable parts are removed.

HOW TO ARRANGE FOODS IN THE PRESTCOLD CABINET



Diagrams indicate the best average position for placing of foods for single and double door refrigerators.



Fish should be placed in a tightly covered vessel and placed directly below chilling unit.

GENERAL HINTS

for obtaining the best results from the PRESTCOLD Refrigerator

1. The refrigerator should be kept in a well-ventilated room. Damp cellars and open porches should be avoided.

2. The **interior** of the refrigerator should be kept perfectly clean, and hot water and soap may be used for this purpose. The shelves and walls should be kept free from butter or grease which might become rancid, and everything spilled inside the refrigerator should be wiped up immediately. The shelves should be cleaned with hot water and afterwards thoroughly dried.

3. The **exterior** of the refrigerator should be cleaned with a damp cloth and dried at once. The durable and attractive finish, both inside and outside the **Prestcold** Refrigerator, will give satisfactory service if the above advice is acted upon.

4. It is inadvisable to put hot food into the refrigerator. Moisture from the food will condense on the cool walls and the heat from the food will cause excessive running of the machine.

5. Once the refrigerator is started it should be allowed to operate automatically. A thermostat control is incorporated which switches the motor on and off at the correct times and so effects the maximum possible economy in operation of the machine. There is nothing to be gained by switching off the machine at night or for a few days at a time.

6. The door should be kept tightly closed in order to prevent the entry of warm air from the outside. **Do not open doors unnecessarily.**

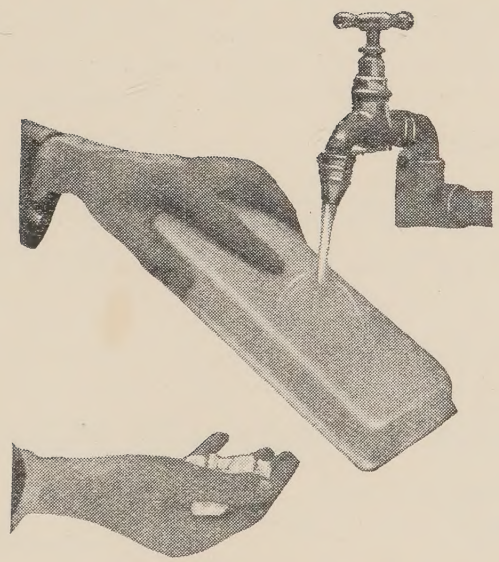
7. The only mechanical attention required by the refrigerator is the oiling of the motor once every three months with a good grade of medium machine oil.

8. The removal of ice cubes from the tray is facilitated by holding the tray upside down under running water from a tap.

9. The **Prestcold** Refrigerator will give satisfactory service indefinitely if used carefully and kept clean.

10. Do not put in liquids, i.e. milk or lemonade, unless covered.

11. Freezing of ice cream can be done only in the chilled compartment where the ice trays are kept. The ice trays themselves should be used for holding the mixture by simply removing the cube separators. After ice cream is frozen, place cold control pointer on Position Nos. 4 or 5 and leave the frozen cream in the cold chamber until ready to use.



Removing ice cubes from tray.

ICE CREAM

GENERAL SUGGESTIONS

Do not whip cream too much when making ice cream, otherwise fatty taste will result.

When making ice cream set cold control at 8. After about 1½ hours loosen edge of cream with knife and replace until set.

According to consistency of mixture the time of freezing, etc., will vary.

If ice particles form, then too much milk has been used and not enough foundation or possibly too much sugar.

Keep ingredients cool.

VANILLA ICE CREAM

2 cups cream
1 cup milk
2 eggs
½ cup water
Few grains of salt
¾ cup sugar
½ teaspoon vanilla
2 teaspoons gelatine

Soak gelatine in two tablespoons of cold water. Boil water and sugar until a very thin syrup is formed. Add dissolved gelatine. Mix cream, milk and salt. Add the eggs and beat slightly. To this mixture add the thin syrup and vanilla. Chill and freeze.

RICH VANILLA ICE CREAM

2 teaspoons gelatine
¼ cup cold water
1 pint (2 cups) scalded milk
1 pint (2 cups) cream
1 cup sugar
1 tablespoon vanilla
Few grains of salt

Soak gelatine in cold water about five minutes and dissolve in scalded milk. Add sugar, and when sugar is dissolved, cool and add vanilla. Pour into tray of freezing compartment and freeze to mush. Remove from refrigerator, fold in cream, whipped until stiff, and return to tray, stirring once after the first hour. Serves 8. Serve with sauce if desired—chocolate, maple or fruit.

ICE CREAM SANDWICH

On each plate place a slice of sponge cake, cover with a layer of vanilla ice cream and then another slice of sponge cake. Pour over this hot butterscotch sauce and garnish with halves of nuts. Other ice cream flavours with an appropriate sauce may be used.

FRENCH VANILLA ICE CREAM

2 cups cream
1 cup milk
2 eggs
½ cup water
¼ teaspoon salt
¾ cup sugar
1 teaspoon flour
Vanilla to flavour

Mix sugar, flour and salt with enough milk to make a thin paste. Scald remainder of milk and stir in the paste. Cook to consistency of thin custard. Add egg yolks beaten with water. Cook a minute longer. Allow to cool. Add egg whites to cream and beat slightly. Add to custard mixture and vanilla. Freeze. Due to thickness of mixture, more time must be allowed for freezing.

VANILLA CUSTARD CREAM

½ pint milk
½ oz. cornflour
2 egg yolks
2 egg whites
2 teaspoons vanilla
3 oz. castor sugar
½ pint thick cream
Pinch of salt

Blend the cornflour with a little of the cold milk, and put the rest on to boil. When boiling, pour on to the blended cornflour, stirring meanwhile. Add the sugar, return to the saucepan, and simmer gently for ten minutes. Remove from the fire, add the beaten yolks of eggs and, stirring constantly, simmer for a further five minutes. When the custard is cold, fold in the stiffly beaten egg whites, to which a pinch of salt has been added, and place in **Prestcold** to chill. Whip the cream, add vanilla and fold into the chilled custard. Pour into tray. In one hour remove and stir well. Replace until set.

CHOCOLATE CUSTARD CREAM

Use same method as preceding recipe for Vanilla Custard Cream, but place 4 oz. of bitter chocolate in the top of a double saucepan and place over fire until dissolved. Add this mixture to the custard before it is cool and before egg whites are added. Then proceed as when making Vanilla Custard Cream. This will give a delicious ice cream, with an unusually smooth texture.

RUM, PORT, SHERRY AND BRANDY CUSTARD CREAM

Three tablespoonfuls of any of the above wines or spirits may be substituted for the vanilla essence. It should be added to the whipped cream, which is then folded into the chilled custard.

CHOCOLATE ICE CREAM

4 oz. bitter chocolate
6 oz. castor sugar
¾ pint milk
1 teaspoonful vanilla essence
2 egg yolks
2 egg whites
½ pint thick cream
Pinch of salt

Melt the chocolate very slowly in a double saucepan. Heat the milk and pour into the beaten egg yolks. Add the sugar, return to the saucepan, cook for five minutes, and then add slowly to the melted chocolate. Stir well while combining the two. Cool, then fold in the stiffly beaten egg whites. Whip the cream, add the vanilla, fold into the chocolate flavoured custard. Pour into the tray and freeze.

PRALINE ICE CREAM

1½ gills milk
1 teaspoon cornflour
2 oz. sugar
2 eggs
Pinch of salt
1½ gills thick cream
2 or 3 drops almond essence
2 oz. French almond rock

Blend the cornflour with a little of the cold milk, and put on the rest of the milk to boil. When boiling, pour on to the blended cornflour, stirring meanwhile. Add the sugar, and simmer gently for ten minutes. Remove from the fire, add the beaten egg yolks and, stirring constantly, cook for a further five minutes. When the custard is cold, fold in the stiffly beaten egg whites, to which a pinch of salt has been added, the whipped cream, the almond essence and the finely ground French almond rock. Pour into the tray to freeze. When partly frozen, remove the tray and stir the mixture to prevent the almond rock from settling. Return to **Prestcold** and allow to finish freezing without stirring.

CHOCOLATE MERINGUE GLACÉ

Shape chocolate ice cream into ovals with tablespoons and place between two meringue shells. If desired, top with whipped cream. Any other flavour ice cream may be served in this way.

PEACH MELBA

On each plate place a thin slice of sponge cake, then a scoop of ice cream, and then half a peach inverted over the cream.

TUTTI-FRUTTI MARLOW

20 marshmallows
1 cup milk
1 cup cream
1 teaspoon vanilla
¼ cup rubyettes or maraschino cherries (cut in pieces)
3 slices pineapple
½ cup nuts

Heat milk and dissolve marshmallows in it. When thoroughly dissolved, cool and add cream, whipped until stiff. Add vanilla, cherries, pineapple, cut up fine, and nuts. Pour into tray of freezing compartment. Allow to freeze for half an hour. Stir mixture and return to tray until frozen.

COFFEE MARLOW

30 marshmallows
1½ cups hot, strong coffee
1½ cups cream
Few grains of salt

Melt marshmallows in coffee, stirring until smooth. Add salt ; cool. When quite cool and slightly thickened, fold in the cream, which has been whipped until stiff. Pour into trays and freeze without stirring.

COFFEE ICE CREAM

Use recipe for Vanilla Ice Cream, scalding 1½ tablespoons finely ground coffee with milk, then straining the liquid through several thicknesses of cheese-cloth.

FRESH PEACH ICE CREAM

2 cups cream
1 cup milk
½ cup water
1 teaspoon gelatine
2 eggs
½ cup sugar
2 cups ripe peaches

Peel peaches and crush by putting them through a ricer. Remove as much of the coarse pulp as possible. Add sugar to peaches. Soak gelatine in cold water, then dissolve in hot water. Mix cream, milk, slightly beaten eggs and salt. Add dissolved gelatine and peach mixture. Chill-freeze.

STRAWBERRY ICE CREAM

1 lb. fresh strawberries
¼ lb. castor sugar
½ pint thick cream
1 teaspoon vanilla essence

Cook the strawberries very gently with one tablespoonful of the sugar for a few minutes, remove from the fire and cool. Rub the fruit through a sieve. Whip the cream, add vanilla essence and remainder of the castor sugar, and place in **Prestcold** to keep cool. Fold whipped cream into fruit mixture, and pour into tray of freezing compartment. Chill-freeze.

FRESH STRAWBERRY ICE CREAM

1 cup strawberries (crushed and strained)
½ cup milk
½ cup cream
½ cup sugar

Crush the berries and strain through wire sieve to remove seeds. Add sugar to berries. Mix cream and milk. Add to berries. Chill-freeze.

JUNKET ICE CREAM

½ pint milk
½ pint thick cream
4 oz. castor sugar
½ rennet tablet or
¾ teaspoon essence of rennet
Pinch of salt
Vanilla essence to flavour

Put the sugar, with a tablespoonful of cold water, into a saucepan and warm slowly until it has dissolved. Then add the cream, into which the milk has been stirred, and simmer gently until blood heat is reached. Add the vanilla essence and pour in the rennet essence. Pour into the tray and stand in a warm place until the junket has set, then return the tray to the **Prestcold** and freeze until it has set firmly. Serve with hot or cold chocolate sauce.

RASPBERRY ICE CREAM

1 lb. fresh raspberries
¼ lb. castor sugar
Pinch of salt
½ pint thick cream

Crush the raspberries with the sugar and heat. Simmer gently for five minutes. Remove from the fire and rub through a sieve. Add a pinch of salt, allow to cool, and then place in **Prestcold** to chill. Whip cream, fold into the fruit purée, pour into tray and allow to freeze, stirring twice at intervals of an hour.

PRUNE ICE CREAM

1½ gills milk
2 oz. castor sugar
1 level dessertspoon flour
1 tablespoon golden syrup
¼ pint thick cream
2 tablespoons stiff purée of prunes
2 egg yolks
Pinch of salt

Blend the flour with a little of the cold milk, and put on the rest of the milk to boil. When boiling pour on to the blended flour, stirring meanwhile. Add the sugar, and simmer gently for 10 minutes. Remove from the fire, add to the beaten yolks of eggs and, stirring constantly, simmer for a further five minutes. Add the golden syrup and stir till well blended. Add the prune purée to custard, and fold in the whipped cream. Place basin in **Prestcold** until thoroughly chilled. Then heat until light, pour into the tray, return, and allow to finish freezing without further agitating.
N.B.—To make prune purée, stew about eight large prunes, previously soaked, in about 4 tablespoonfuls of water, and when cooked rub through a sieve.

CARAMEL ICE CREAM

2 cups rich milk
¾ cup sugar
Few grains of salt
1 tablespoon cornflour
1½ teaspoons vanilla
1 cup cream

Scald milk. Caramelise sugar (melt in heavy saucepan, stirring until syrup becomes a light brown colour). Add to milk in double boiler. Stir until sugar is dissolved. Add salt and cornflour mixed with a little cold milk. Cook ten minutes, stirring until thickened. Cool and add vanilla. Turn into tray of freezing compartment and freeze to mush ; fold in whipped cream. Return to tray until proper consistency to serve.

BURNT ALMOND ICE CREAM

Follow recipe for Caramel Ice Cream. Remove the skins from three-fourths cup almonds by scalding in boiling water. Spread nuts in a shallow pan and brown in hot oven. Cool and put through food chopper, or chop fine in wooden bowl. Add to custard mixture with whipped cream.

SAUCES TO SERVE WITH ICE CREAM

Sauces can easily be made and kept in **Prestcold** to be used as needed. Quite a variety of desserts can be made by using these sauces with ice cream. The chocolate sauce can be used not only as an ice cream sauce, but it is also a very desirable addition to a milk drink.

HOT CHOCOLATE SAUCE

½ lb. sugar
2 oz. butter
½ gill thin cream
2 oz. bitter chocolate
1 teaspoon vanilla essence
Pinch of salt
1 gill hot water

Melt the chocolate in a small thick pan, and stir in the butter, sugar and salt. Add the hot water, and beat until the mixture is dissolved. Remove from the fire, and add the cream. Beat well, add vanilla essence and serve hot with vanilla cream.

COLD CHOCOLATE SAUCE

½ lb. sugar
1 oz. butter
3 tablespoons cocoa
½ gill hot water
1 gill cream
1 teaspoon vanilla essence

Cream the butter and sugar in a small saucepan, blend in the cocoa and the hot water, and cook to a creamy consistency, beating meanwhile. Remove from the fire, and when partly cooled, add vanilla essence and whipped cream and beat before serving.

BUTTERSCOTCH SAUCE

3 tablespoons butter
1½ cups brown sugar
6 tablespoons syrup
6 tablespoons cream

Mix all ingredients. Boil five minutes. (Syrup may be thinned with cream if desired.)

FUDGE SAUCE

1½ cups sugar
¾ cup syrup (corn)
¾ cup cream
3 tablespoons butter
3 tablespoons cocoa

Mix all ingredients. Boil five minutes.

MARSHMALLOW SAUCE

1 cup sugar
½ cup water
1 egg white
10 marshmallows

Boil sugar and water for five minutes. Pour over stiffly beaten egg whites and add marshmallows. Cut in pieces. Beat until mixture is smooth. Any desired flavouring or colouring may be added.

PINEAPPLE SAUCE

1 cup sugar
½ cup water
2 tablespoons butter
½ cup crushed pineapple

Mix ingredients and let boil for five minutes. (Other fruit sauce may be made in the same manner.)

SHERBETS AND ICES

ORANGE SHERBET

½ pint orange juice
1 tablespoon lemon juice
¼ lb. castor sugar
1 gill water
Rind of 1 orange
½ gill thick cream

Boil the sugar and water and finely grated orange rind for eight minutes. Remove from the fire, cool, add the fruit juices to the syrup and strain. Pour into the tray and allow to freeze firm.

LEMON CREAM SHERBET

⅓ cup sugar
⅓ cup corn syrup
3 or 4 teaspoons lemon juice
1¾ cups milk
¼ cup cream
2 teaspoons gelatine
2 teaspoons water
Few grains of salt

Mix sugar, corn syrup, lemon juice and salt. Add slowly to milk and cream, beating with Dover beater to prevent curdling. Soak gelatine in water and dissolve over hot water. Add mixture slowly to the gelatine. Chill and freeze. (Either sour or sweet cream may be used in this recipe. Curdling will not prevent freezing.)

PINEAPPLE SHERBET

6 tablespoons crushed pineapple
½ pint pineapple juice
4 tablespoons castor sugar
1 gill water
2 tablespoons lemon juice
1 gill whipped cream
2 egg whites

Boil sugar and water for ten minutes. Remove from the fire, cool, add the crushed pineapple and the fruit juices. Fold in the stiffly beaten egg whites and the whipped cream. Pour into tray and freeze.

PEACH SHERBET

½ gill peach juice
1 gill peach purée
2 oz. sugar
1 tablespoon lemon juice
½ gill thin cream
1 egg white
Pinch of salt

Strain the peaches. Dissolve the sugar by heating it with the peach juice. Make the purée by rubbing the peaches through a sieve and add it to the lemon juice and peach syrup. Blend well, pour into a tray and allow to freeze firm. Put into a cold basin and beat until pale in colour and frothy. Fold in the stiffly beaten white of egg and the whipped cream, and allow to freeze firm.

PINEAPPLE MILK SHERBET

⅓ cup sugar
⅓ cup corn syrup
3 or 4 tablespoons lemon juice
1¾ cups milk
¼ cup cream
2 teaspoons gelatine
2 tablespoons water
Few grains of salt
½ cup pineapple juice

Mix sugar, corn syrup, lemon juice and salt. Add slowly to milk and cream. Beat with Dover egg beater to prevent curdling. Soak gelatine in cold water and dissolve over hot water. Add mixture slowly to the gelatine. Add chilled pineapple juice just before freezing.

ORANGE MILK SHERBET

Use the above recipe substituting orange juice for pineapple juice. Grated orange peel or orange marmalade may be added to give a more decided orange flavour. Serve with orange sections or garnish with strips of candied orange peel.

LEMON WATER ICE

6 tablespoons lemon juice
2 tablespoons orange juice
6 oz. sugar
2 egg whites
1 gill water
Pinch of salt
Rind of 1 lemon

Peel one lemon very thinly. Boil the sugar, water and lemon rind for ten minutes. Remove from the fire, cool, remove the rind, add the fruit juices and fold in the stiffly whipped whites of egg to which a small pinch of salt has been added. Pour into tray and allow to freeze firm.

TOMATO WATER ICE

½ lb. tomatoes
½ pint white stock
1 tablespoon tarragon vinegar
½ oz. castor sugar
1 dessertspoon rum
Carmine to colour
Pepper and salt
Chopped parsley

Boil the tomatoes until tender in a little water, then rub through a sieve. Blend the purée with the chopped parsley and the other ingredients, pour into a tray and allow to freeze firm. Transfer to a basin which has been cooled in **Prestcold,** and beat until the mixture is light in colour and frothy. Return to the tray, and freeze until firm without further stirring.

GRAPE JUICE ICE

(Six servings)

¾ cup grape juice
1¼ cups sugar
2½ cups water
4 tablespoons lemon basis

To lemon basis, add water and sugar and grape juice. Freeze and serve in very cold dishes.

Note : Lemon basis is any amount of lemon juice with sugar added to it to make a saturated solution—that is, pour in as much sugar as lemon juice will absorb.

RASPBERRY ICE

4 tablespoons lemon basis
2 cups water
1 cup strained pulp and juice

To lemon basis add water and raspberry juice and pulp which has been put through a wire sieve to remove seeds. Chill and freeze.

ORANGE ICE

4 tablespoons lemon basis
½ cup water
1 cup orange juice

To lemon basis add water and orange juice. Chill and freeze.

GRAPEFRUIT ICE

4 tablespoons lemon basis
1 cup orange juice
1 cup grapefruit juice
1 cup water
6 tablespoons sugar

To lemon basis add water, orange juice and grapefruit juice. Chill and freeze. Egg whites *slightly* beaten and added to an ice mixture will improve its consistency.

PRESERVED FRUITS

Preserved fruits, both crystallised and glacé, also jam and jelly, can be used successfully with ice cream. Thin cream can be used for the purpose, but care must be taken that the right proportion of preserved fruit is used, for if the mixture is too sweet, it will not freeze satisfactorily.

CHERRY ICE CREAM

½ gill purée of cherries
2 oz. castor sugar
½ pint thin cream

Prepare the purée by rubbing a small bottle of cherries through a sieve. Beat the cream slightly, add the sugar and the purée, and pour into the tray. When frozen to a semi-solid consistency, remove from the tray to an ice-cold bowl, and whisk until light and fluffy. Add 2 oz. chopped maraschino cherries, return to the tray, and allow to finish freezing without stirring.

STRAWBERRY ICE CREAM No. 2

½ gill purée of strawberries
2 oz. sugar
½ pint of thin cream

Prepare as for Cherry Ice Cream, using tinned strawberries.

BLACKCURRANT ICE CREAM

½ pint milk
1 dessertspoon cornflour
1 dessertspoon lemon juice
½ pint cream
2 tablespoons blackcurrant jelly

Blend the cornflour with a little of the milk, and put on the rest of the milk to boil. Pour the boiling milk on to the cornflour, stirring meanwhile, then return to the saucepan, add the blackcurrant jelly, and simmer for five minutes. Put in **Prestcold** and cool. Stir in the lemon juice and the whipped cream. Pour into a tray, and freeze.

CHILLED FRUITS

Any tinned fruit is improved by chilling. Pour the contents of the tin into the tray about one hour before serving time. Serve with or without whipped cream. If cream is used, whip it and allow it to chill before serving. Apricots with whipped cream make a delicious dessert. Mixed tinned fruit, with the addition of a little sherry or maraschino, chilled and served with fancy biscuits and garnished with a cherry, can be made into a number of very attractive desserts.

CHILLED DESSERTS

RASPBERRY WHIP

1 tablespoon gelatine
2 tablespoons cold water
1 pint raspberry juice
1 cup raspberries

Soak gelatine in cold water for five minutes and dissolve over boiling water. Add berry juice and chill until mixture is slightly thickened. Place in pan of ice water and beat until light and frothy ; continue beating until mixture will hold its shape, then fold in berries. Pour into moulds and place in **Prestcold** to chill. (Fresh or tinned berries may be used.)

CHARLOTTE RUSSE

2 teaspoons gelatine
2 tablespoons cold water
⅓ cup scalded milk
⅓ cup powdered sugar
18 lady fingers
1½ teaspoons vanilla
1 cup cream

Soak gelatine in cold water for five minutes and dissolve over boiling water. To milk, add sugar, vanilla and gelatine. Chill until it begins to thicken, then fold in whipped cream, adding one-third at a time. Trim ends and sides of lady fingers, place close together around inside of sherbet glasses, crust side out. Fill centre with cream mixture, place in **Prestcold** to chill thoroughly. Top with cherry or other fruit garnish.

CHOCOLATE CHARLOTTE

Melt one square unsweetened chocolate, add scalded milk and sugar and cook until smooth. Cool. Add vanilla and gelatine and follow above method.

ORANGE SPONGE

2 teaspoons gelatine
2 tablespoons cold water
Juice and grated rind of 1 lemon
1 cup orange juice
⅔ cup sugar
4 eggs

Soak gelatine in cold water for five minutes. Mix lemon juice and rind, orange juice, sugar and beaten egg yolks and cook over hot water until mixture thickens slightly, stirring constantly. Add gelatine and stir until dissolved. Cool. When it begins to thicken, fold in stiffly beaten egg whites. Turn into small individual moulds and place in **Prestcold** to become firm. Unmould and serve with a garnish of whipped cream and orange sections.

STRAWBERRY BAVARIAN CREAM

2 tablespoons gelatine
¼ cup cold water
½ cup fruit juice
1½ cups crushed fresh strawberries or
1½ cups canned berries, drained of their juice
1½ cups cream

Soak gelatine in cold water and dissolve in boiling fruit juice. Cool. If fresh fruit is to be used, sweeten to taste, depending upon the sweetness of the berries—about one-half cup ; if canned fruit, no extra sugar will be needed. Add fruit and place in **Prestcold** to chill, stirring occasionally. When mixture begins to thicken, fold in cream, whipped until stiff. Turn into mould, first dipped in cold water, and return to refrigerator to become firm. Unmould on serving plate and garnish with whole strawberries, crushed strawberries, or whipped cream, as desired.

FRUIT COCKTAILS

Fruit cocktails are tempting appetisers. They can be made entirely non-alcoholic, or, if preferred, a dash of liqueur can be added to improve the flavour. All fruit cocktails should be served as cold as possible.

APRICOT COCKTAIL

3 half apricots
1 tablespoon lemon juice
2 thin slices orange
Few white grapes
1 tablespoon Cointreau
3 tablespoons apricot syrup

Cut the fruit into dice, removing the skins and seeds from the grapes. Blend the Cointreau, lemon juice and apricot syrup together. Mix with the fruit, place in cocktail glasses and chill in **Prestcold** before serving.

TOMATO COCKTAIL

3 tomatoes
2 olives
Few chopped almonds
3 chopped gherkins
1 teaspoon lemon juice
1 tablespoon white vinegar
Pepper and salt
2 teaspoons olive oil

Blend the olive oil, lemon juice and vinegar together, adding pepper and salt to season. Cut the tomatoes into slices, blend with chopped almonds, chopped gherkins and chopped olives. Blend well with the oil, etc., and place in cocktail glasses. Chill before serving.

ORANGE GINGER COCKTAIL

2 cups water
6 to 8 pieces crystallised ginger
4 tablespoons lemon basis
1 cup orange juice

Boil ginger and water for five minutes. Strain. Add orange juice and lemon basis. Chill and freeze.

GRAPEFRUIT COCKTAIL

1 large grapefruit
Pinch of salt
Maraschino cherries
2 teaspoons sugar
2 tablespoons maraschino

Prepare the grapefruit, freeing the skin from the membrane, but leaving the fruit in position. Scoop out the centre core, sprinkle in a little sugar and fill with maraschino. Garnish with a single maraschino cherry. If preferred, the fruit can be removed from the shell and served in a glass, blended with the maraschino and sugar.

MIXED FRUIT COCKTAIL

1 tablespoon diced apricot
6 maraschino cherries
1 tablespoon diced pineapple
1 tangerine orange
Few chopped almonds
1 tablespoon pineapple syrup
2 teaspoons lemon juice
Small piece lemon rind
2 tablespoons rum
1 tablespoon maraschino

Cut the sections of the tangerine orange into three, put into a basin with the diced apricot, pineapple and chopped almonds. Squeeze a little of the essential oil from the lemon rind into the fruit and add the lemon juice and pineapple syrup. Put into cocktail glasses, top with a maraschino cherry and put into **Prestcold** to chill. Mix the maraschino and rum, and stir in equal quantities to each glass before serving.

OYSTER COCKTAIL

Oysters
2 teaspoons white vinegar
Dish Cayenne pepper
Salt to taste
2 teaspoons lemon juice

Remove the oysters from their shells and place in the bottom of cocktail glasses. Blend the other ingredients and pour over the oysters. Place in **Prestcold** to chill and serve on crushed ice, with brown bread and butter.

SALADS

LETTUCE SALAD

Remove crisp lettuce from **Prestcold** Crispator and break into four. Arrange each quarter on individual salad plates and serve with French dressing or mayonnaise sauce.

CUCUMBER SALAD

2 Spring onions
Salad dressing.
1 cucumber
Salt.
Lettuce

Remove the cucumber from the **Prestcold** Crispator, peel and slice very thinly, and place in a small basin. Add just sufficient salted water to cover, allow to stand for half an hour, strain off the water and add the finely chopped Spring onions. Add the salad dressing, and arrange on lettuce leaves.

FRUIT AND VEGETABLE SALAD

½ head celery
3 tablespoons shredded or chopped pineapple
1 packet lemon jelly
½ a carrot
2½ gills boiling water

Drain the pineapple and place in **Prestcold** to keep cool. Remove celery and carrots from **Prestcold** Crispator, chop the celery and grate the carrot, then combine the ingredients. Add the boiling water to the packet of jelly and stir until dissolved. When cold, stir in the other ingredients and place in small moulds. Put into **Prestcold** to chill and set. Serve the individual moulds on crisp lettuce leaves with mayonnaise sauce.

SPRING SALAD

12 Spring onions
12 young radishes
2 crisp lettuces

Crisp the radishes and lettuce in the **Prestcold** Crispator. Chop the onions finely and slice radishes very thinly crosswise. Mix the lettuce, onions and radishes in a salad bowl, and season with salt, pepper and vinegar to taste.

FROZEN FRUIT SALAD

1 package (3 oz.) cream cheese
½ cup cooked salad dressing
1 cup shredded pineapple
½ cup maraschino cherries
½ green pepper
½ cup pecan nuts
1 cup cream (whipped)

Mash cream cheese and blend with salad dressing. To this add pineapple, cherries (cut in pieces), chopped green pepper and chopped nuts. Fold in the whipped cream and put into tray of freezing compartment. When frozen, serve on crisp lettuce leaves. (This should freeze in about two hours ; if left too long, it will become icy.)

CREAM CHEESE SALAD

½ tablespoon gelatine
2 tablespoons cold water
2 packages cream cheese or
1 cup cottage cheese
¼ teaspoon salt
Few grains paprika
1 teaspoon Worcestershire sauce
½ cup cream (whipped)
Jelly

Soak gelatine in cold water five minutes and dissolve over boiling water. Mash cheese, add seasonings and cream, whipped until light but not stiff. Add dissolved gelatine. Turn into small moulds and place in **Prestcold** freezing compartment. When ready to serve, unmould on crisp lettuce, place a spoonful of currant or bar de luc jelly on top and serve with French dressing.

FROZEN PINEAPPLE CHEESE

1 teaspoon gelatine
2 tablespoons cold water
2 packages (6 oz.) cream cheese
3 tablespoons cooked salad dressing
¼ teaspoon salt
⅛ teaspoon paprika
1 cup crushed pineapple
½ cup cream (whipped)

Soak gelatine in cold water five minutes and dissolve over boiling water. Mash cheese and add salad dressing, salt, pepper and dissolved gelatine. Add pineapple, drained of its juice, and fold in whipped cream. Turn into freezing trays. Serve in nest of lettuce and garnish with cherries.

24-HOUR SALAD

2 eggs (beaten)
4 tablespoons vinegar
4 tablespoons sugar
2 tablespoons butter
1 cup cream
2 cups white cherries, cut in halves
2 cups pineapple, cut in pieces
2 oranges, cut in pieces
2 cups marshmallows, cut in quarters

Put eggs in double boiler and add vinegar and sugar, beating constantly until thick and smooth. Remove from fire, add butter and cool. When cold, fold in whipped cream and fruit mixture. Turn into fancy ring mould and put in **Prestcold** for 24 hours. (This makes a delicious party salad and serves 12 to 14.)

PARADISE SALAD SUPREME

3 tablespoons diced pineapple
4 oz. white grapes
½ lb. fresh strawberries
1 gill fruit salad dressing
¾ gill thick cream
1 banana
2 tablespoons chopped walnuts
2 oz. marshmallows
1 lettuce

Cut the pineapple into dice. Remove the stones from the grapes and cut into half. Hull the strawberries, reserving a few for decorating the salad. Peel and slice the banana, and cut each marshmallow into four or six pieces. Place all the fruit in a bowl and chill in **Prestcold**—this can be chilled more quickly in the freezing tray. Care should be taken that the fruit does not freeze. Whip the cream fairly stiffly, then stir in the fruit salad dressing. Add the nuts to the fruit and arrange individual servings on crisp lettuce leaves from the **Prestcold** Crispator. Pour a little salad dressing over each serving and decorate with whole strawberries.

PEAR AND CHEESE SALAD

6 half-pears
1 gill mayonnaise
1 small cream cheese
1 crisp lettuce
2 level tablespoons chopped walnuts

Divide the cream cheese into six portions, shape into balls and roll in the chopped nuts. Place in **Prestcold** to chill. Arrange the half pears on the crisp lettuce leaves taken from **Prestcold** Crispator. Place the cheese balls in the centre of the pears and coat both cheese ball and pear with mayonnaise. Decorate with chopped walnuts.

PEACH SALAD

6 half-peaches
1 gill mayonnaise
1 small cream cheese
1 crisp lettuce
2 level tablespoons chopped walnuts

Divide the cream cheese into six portions, shape into balls and roll in the chopped nuts. Place in **Prestcold** to chill. Arrange the half peaches on the crisp lettuce leaves taken from **Prestcold** Crispator. Place the cheese balls in the centre of the peaches and coat both cheese ball and peach with mayonnaise. Decorate with chopped walnuts.

CHILLED FRUIT SALAD

Another fruit combination, similar to the one above, is :—

1 grapefruit
3 slices pineapple
1 small bunch of green grapes
2 oranges
1 banana
2 tablespoons chopped walnuts
½ lb. marshmallows

All ingredients prepared and combined in a mixing bowl with enough salad dressing to flavour. Chill, serve on crisp lettuce, garnish each serving with a small portion of chilled whipping cream and a maraschino cherry.

CRAB SALAD

1 small crab (tinned or fresh)
3 hard boiled eggs
1 lettuce
1 level teaspoon parsley
¾ gill mayonnaise

Cut the hard boiled eggs lengthwise and remove the yolks. Flake the crab meat and blend with the mayonnaise, and fill the egg whites with this mixture. Chop the egg yolks and mix with the finely chopped parsley. Place crisp lettuce leaves from the **Prestcold** Crispator on individual salad plates, place the stuffed eggs on the lettuce leaves and garnish by sprinkling with the blended chopped yolks and parsley.

SALAD DRESSINGS

MAYONNAISE DRESSING

2 egg yolks
¼ cup vinegar
⅛ teaspoon pepper
1 pint salad oil
1 teaspoon salt

Beat egg yolks and add few drops of vinegar. Drop oil, drop by drop, into egg mixture until one-fourth cup is used. Then gradually increase the amount of oil added, beating constantly. As mixture thickens, add the rest of the vinegar a little at a time. Add salt. Lemon juice may be used in place of vinegar, if preferred.

FRENCH DRESSING

⅓ cup mild vinegar or
¼ cup lemon juice
1 cup olive or salad oil
1 teaspoon salt
¼ teaspoon paprika
⅛ teaspoon pepper
1 teaspoon sugar

Mix vinegar, oil, salt, pepper, sugar and paprika together and beat thoroughly. Turn into tightly covered jar and keep in **Prestcold.** Shake well before serving.

THOUSAND ISLAND DRESSING

3 hard-cooked eggs
½ cup stuffed olives
1 cup chopped celery
½ cup pickle relish
2 cups mayonnaise

Chop eggs and olives. Add celery and pickle relish and mix all with mayonnaise dressing.

COOKED SALAD DRESSING

1 teaspoon mustard
1 teaspoon salt
1 teaspoon sugar
2 tablespoons flour
⅛ teaspoon paprika
1 egg
¾ cup milk
¼ cup vinegar
1 tablespoon butter

Mix mustard, salt, sugar, flour and paprika together. Add well-beaten egg and mix until smooth. Add milk and vinegar and cook over hot water until thick, stirring constantly. Remove from fire, add butter and cool.

FRUIT SALAD DRESSING

Canned pineapple juice (about 1 cup)
4 tablespoons flour
3 tablespoons sugar
2 eggs
1 tablespoon butter
1 cup cream

Drain juice from canned pineapple. Mix sugar and flour and add enough juice to make smooth paste. Heat remaining juice and add flour mixture. Cook, stirring constantly, until thickened. Place over hot water ; add eggs, beaten until light, and butter. Cook about ten minutes, stirring to prevent lumping. Cool and place in **Prestcold** until ready to serve. Whip cream and fold into chilled mixture just before serving.

" LEFT-OVERS "

A dish which makes a second appearance before the family after a short absence in the larder is generally unpopular, its dejected appearance serving only as a reminder of its former glory. Nevertheless, " left-overs " which have been preserved in the **Prestcold** are valuable foods.

The perfect condition in which cooked foods can be preserved is one of the great advantages of the **Prestcold.** Foods which are allowed to cool slowly in a larder at atmospheric temperature are liable to be infected by the bacteria, and so made unfit for consumption. The cold dry air of the **Prestcold** inhibits the growth of bacteria, and every scrap of food left over at one meal can be safely utilised for the next.

This is an economy not only in food bills, but also in fuel and time, for although a certain amount of ingenuity must be devoted to the making of " left-over " dishes, far less trouble is incurred than when fresh dishes are prepared. In order that " left-overs " shall appeal to the palate, they must be well seasoned, and a new note introduced by means of a different flavour or garnish. It is an excellent plan to combine a fresh vegetable with the left-over food. In this manner the food value, as well as the flavour of the dish, is enhanced. " Left-overs " are usually more appetising if served in individual portions, instead of in the form of hash or mince.

Great care must be taken not to heat meat and fish for the second time any longer than is necessary to warm it all through, as subjection to high temperature or prolonged heat diminishes the food value, hardening the fibres of meat, and so making it indigestible.

The following recipes suggest methods of taking care of those foods which have been cooked and are left over. They should be kept in closed containers and placed in the **Prestcold** until they can be used on the menu.

POTATO SOUP

1 pint milk
1 pint water
1 oz. butter
6 tablespoons mashed potatoes
1 teaspoon chopped parsley
$\frac{3}{4}$ oz. flour
Seasoning

Melt the butter in a saucepan, stir in the flour, add the cold water and milk, bring to the boil, stirring meanwhile, and boil for ten minutes. Rub the potatoes through a sieve and stir into the soup. Heat to boiling, season, add the chopped parsley, and serve with sippets of toast.

POTATO BALLS

¾ lb. cooked potatoes
1 teaspoon chopped parsley
1 teaspoon chopped onion
1 egg
1 oz. margarine
1 oz. flour
1 gill milk
Pepper and salt
Egg and breadcrumbs

Melt the margarine in a saucepan, stir in the flour, add the milk and beat thoroughly till the mixture leaves the sides of the pan. Stir in the slightly beaten egg, the parsley, onion and sieved potatoes. Season and blend well. Turn the mixture on to a plate to cool. Divide it into equal parts, flour the hands, and roll into balls. Brush over with beaten egg, coat with breadcrumbs, and fry to a golden brown colour in hot fat.

CHICKEN CROQUETTES

6 oz. cold chicken
2 oz. cold ham
1 teaspoon chopped parsley
Egg and breadcrumbs
1 egg
½ oz. dripping
½ oz. flour
1 gill milk or stock
Seasoning

Melt the dripping over a gentle heat, add the flour and cook for two or three minutes, then add the milk and stir until the mixture leaves the sides of the pan. Beat the egg, and add it slowly, continuing to heat, so that the egg shall be cooked. Add the minced chicken and ham, parsley and seasoning, and turn on to a plate to cool. Divide into equal parts, roll into balls, and then shape into corks. Coat in egg and crumbs, reshape, fry in hot fat and serve with celery sauce.

AU GRATIN POTATOES

¾ lb. cooked potatoes
2 oz. cheese
1 oz. flour
¼ oz. butter
1½ gills milk
Salt and pepper

Butter a pie dish, cut the potatoes in slices, and arrange half in the base of the dish. Sprinkle with grated cheese, salt and a little cayenne pepper. Dredge with flour, and spread with butter. Fill up the dish with the remainder of the potatoes, and add milk until it may be seen through the top layer. Bake for 1¼ hours in a moderate oven, till the potato is soft, and the top golden brown.

STUFFED TOMATOES

6 firm tomatoes
2 oz. cooked fish
A few chopped walnuts
2 tablespoons thick white sauce
1 oz. grated cheese
Seasoning

Heat the sauce and stir in the grated cheese, the boned flaked fish and the seasoning. Cut the ends off the tomatoes, scoop out the pulp with the handle of a teaspoon and turn upside down to drain. Fill the tomato cases with the fish mixture, sprinkle the top with chopped walnuts and serve very cold.

CHICKEN MAYONNAISE

4 oz. diced lean chicken
½ head of celery
1 gill mayonnaise sauce
6 chopped olives
½ young lettuce
Salt

Place the chopped chicken, olives and chopped celery in a salad bowl. Add the mayonnaise sauce and blend well with a fork. Serve on crisp lettuce from the **Prestcold** Crispator, or crisp endive can be used. Decorate the salad with several stuffed olives.

LAMB CROQUETTES

3 tablespoons butter
4 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1 cup milk
1 teaspoon finely chopped onion
2 cups chopped cooked lamb
1 egg
2 tablespoons water
1½ cups dried sifted breadcrumbs

Melt butter, add flour, salt and pepper and stir until smooth. Add the milk gradually and bring to the boiling point, stirring constantly. Add onion and lamb. Cool. Shape as desired. Roll in crumbs, then in beaten egg diluted with two tablespoons of cold water and again in crumbs. Fry in deep hot fat until brown—about five minutes. Drain on brown paper. (Other meat which may be left over, such as beef, veal, chicken, may be used in this recipe.)

CASSEROLE OF LEFT-OVER VEGETABLES

2 tablespoons butter
1 tablespoon flour
½ teaspoon salt
⅛ teaspoon pepper
1 cup milk
2 cups cooked vegetables
½ cup soft breadcrumbs
Grated cheese
Asparagus tips

Make a white sauce of the butter, flour, salt, pepper and milk. Put the vegetables and breadcrumbs in a greased baking dish and add the white sauce. Arrange asparagus tips on top and sprinkle with grated cheese or paprika. Cover and place in **Prestcold** until meal time. Then bake in a moderate oven (350° Fahr.) about twenty to thirty minutes or until thoroughly heated through. This is a very good way to use up left-over vegetables, as any vegetable or combination of vegetables may be used.

SCALLOPED TOMATOES

3 cups freshly cooked or canned tomatoes
½ green pepper
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon sugar
1½ teaspoons grated onion
2 cups breadcrumbs
3 tablespoons butter

To the tomatoes add green pepper cut in shreds, salt, pepper, sugar and grated onion. In the bottom of a greased baking dish put a layer of breadcrumbs ; add half of the tomatoes, some bits of butter, more crumbs and then the remaining tomatoes. Sprinkle top thickly with crumbs and dot over with butter. Cover and place in **Prestcold** until meal time. Bake, uncovered, in a hot oven (400° Fahr.) until mixture is thoroughly heated through and crumbs are brown.

ITALIAN MINCE

10 oz. cooked meat
3 oz. cut macaroni
3 oz. grated cheese
Small piece carrot
Small piece turnip
¾ oz. dripping
Sprig of parsley
1 oz. flour
½ pint water or stock
Small piece onion
Seasoning

Fry the flour in the dripping, stirring constantly with a metal spoon, until it is a deep golden brown colour. Add the water or stock, the parsley and the diced vegetables, place a lid on the pan and simmer for forty-five minutes. Season, add the meat and reheat but do not boil. While the sauce for the meat is simmering, cook the macaroni in about one quart of fast boiling water. Strain, add the grated cheese and blend. Serve the mince in the centre of a dish with a border of the macaroni.

FISH PATTIES

Scraps of pastry
2 tomatoes
1 oz. margarine
1 oz. rice
6 oz. cooked white fish
1 teaspoon curry powder
Seasoning

Cook the rice in fast boiling salted water and strain. Flake the fish, and slice the tomatoes thinly. Blend all together with the curry powder, the melted margarine and the seasoning. Roll out the pastry very thinly, and cut into rounds two to three inches in diameter, moisten the edges with cold water and place a teaspoonful of the fish mixture in the centre. Fold over the pastry to make half circles, press the edges together, brush over with beaten egg, and sprinkle with a little vermicelli or cornflakes. Fry until golden brown in a pan of deep fat from which a blue smoke is rising.

FISH CAKES

½ lb. cooked fish
½ oz. margarine
Seasoning
½ lb. cooked potatoes
Milk or beaten egg to mix
Egg and breadcrumbs

Flake the fish and sieve the potatoes ; blend with the melted margarine and little beaten egg, then turn the mixture out on to a plate and allow to set. Cut into equal parts, flour the hands, and roll into balls, afterwards flattening the balls on two sides to form a cake. Brush with the slightly beaten egg, coat with breadcrumbs, reshape, and fry in hot fat to a golden brown colour.

COLD BEVERAGES

LEMONADE

6 cups water Sugar syrup Juice of 4 lemons

Mix water and lemon juice. Add sugar syrup to taste. Serve with coloured ice cubes or serve a spoonful of grape juice that has been frozen to a mush in each glass.

GINGER ALE FLOAT

Fill tall beverage glasses two-thirds full of ginger ale and add a scoop of pineapple sherbet. Garnish with sprigs of mint.

PINEAPPLE RASPBERRYADE

1 cup water
1 cup tinned crushed pineapple
1 cup tinned raspberry juice
Juice of 1 lemon

Mix all ingredients together and keep in **Prestcold** until ready to serve. Serve in tall glasses with ginger ale cubes and fresh mint leaves.

GRAPE LEMONADE

3 cups grape juice Sugar syrup Juice of 3 lemons

Mix grape juice and lemon juice and add sugar syrup to taste. Chill and serve in tall glasses partially filled with crushed ice cubes.

FRUIT PUNCH

1 cup strong tea
¾ cup orange juice
⅓ cup lemon juice
1 cup pineapple juice
Slices of orange and lemon
1 pint ginger ale
Sugar syrup

Mix fruit juices and tea. Chill in **Prestcold** and just before serving add ginger ale, sugar syrup to taste and slices of orange and lemon. Serve with ice cubes in each glass.

ICED TEA

4 cups boiling water 6 teaspoons tea

Scald an earthenware or china teapot. Put in the tea and pour boiling water over it. Let stand five minutes. Cool. Strain and add sugar syrup to taste. Serve with lemon ice cubes and slice of lemon.

CIDER CUP

1½ pints cider
1½ pints soda water
½ wineglass sherry
½ lb. sugar
1 gill boiling water
Rind and juice of lemon
Nutmeg
Slices of lemon for serving

Boil the sugar and thin peeled lemon rind with the water and a little grated nutmeg for three minutes. Cool and add the cider and lemon juice. Place in **Prestcold** to chill for 3-4 hours. Strain, and add the soda water, sherry and the slices of lemon.

CLARET CUP

1 bottle claret	2 glasses sherry (light)
2 lemons	2 sprigs verbena
1 orange	1 mint leaf
½ pint water	4 oz. loaf sugar

Rub the loaf sugar on to the well wiped outside of the lemons to extract the essential oil. Place the sugar and water into a saucepan, with the thinly peeled rind of the orange. Simmer gently for ten minutes. Cool and strain into a jug. Add the orange and lemon juice, claret, verbena, mint and sherry. Put into **Prestcold** and chill for four hours. Just before serving add contents of a well chilled syphon of soda water.

GINGER PUNCH

12 oz. sugar	6 oz. preserved ginger
1 pint water	1 pint ginger beer (bottled)
6 lemons	1 orange

Put the thinly peeled rind of two lemons and the orange on to boil with the sugar and water, simmer for ten minutes, strain and cool. Add the lemon and orange juice and preserved ginger cut into pieces. Put in **Prestcold** for three hours. Add the chilled ginger beer immediately before serving.

FRUIT SPLASHES

An excellent way of utilising pineapple, apricot, raspberry or peach syrup is to add equal quantities of well chilled soda water. If liked, a squeeze of lemon juice can be added.

Chocolate and cocoa are high in food value, due to the fat contained in them, but they are likely to cause indigestion when used in excess or when taken in addition to a heavy meal. The introduction of a small quantity of chocolate or cocoa often makes milk acceptable when it would otherwise be refused. The addition of a little chocolate syrup to a portion of a child's daily supply of milk adds interest and makes it more palatable.

To make chocolate syrup, boil a bar of chocolate or six tablespoonfuls of cocoa with three ounces of sugar and one gill of water, until it thickens. This can be placed in the **Prestcold** and used as required.

The palatability of beverages is greatly enhanced if they are served daintily in glasses or sherbet cups, with or without sweet or plain biscuits. As the sweetness of fruit varies, it is advisable to test the sweetness of the drink before adding all the sugar, and, if necessary, more or less can be used.

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OWN RECIPES

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